

# Wrist GPS Training Device

## GH-505

### Quick Start Guide

V 2.0





## What is **GPS**?

GPS stands for Global Positioning System. For 3D fix, we need at least four satellites. Normally the accuracy of GPS under open sky which means no tall building and clear sky is within 10 meters per second. Therefore, if the device shift 10 meter at that second, the device may shows 36 kilometer per hour instant speed. Nowadays, the GPS consumer product has built in adjust algorithm and assisted method to extend capability of GPS.

## What is Water Resistant 50 meters?

It is wearable around household sinks, while playing sports, and in shallow water. It should not be worn while scuba diving. Suitable for swimming, white water rafting, no snorkeling water related work, and fishing.

	SUITABLE	UNSUITABLE
WATER RESISTANCE		
	Wearable while water is being splashed but not under any pressure.	

## **Note!!**

- ⚠ Do not near fire or lay on magnetic source avoiding device damage.**
- ⚠ Please fully charge before first use.**
- ⚠ Considering waterproof, no decompose by yourself.**
- ⚠ Please wipe USB connect inside before charging and plugging to prevent damage device.**
- ⚠ Put plug the clip to watch with correct position.**

## Symbol Explanations

GPS status indicator



- Flash: No signal or 3D fix
- Solid: 3D fix
- Solid with 1 bar: 3D fix with poor signal
- Solid with 2 bar: 3D fix with good signal
- Solid with 3 bar: 3D fix with strong signal



Clock alert



Power meter



Cadence sensor



Heart rate monitor indication



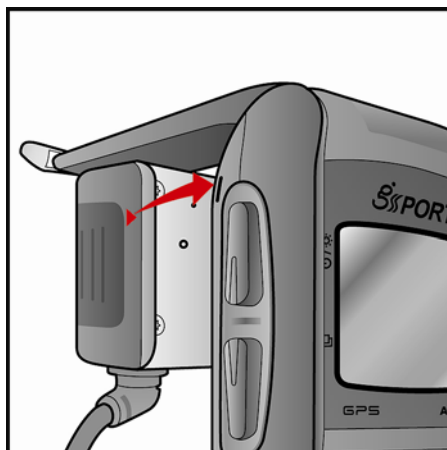
Battery capacity indication

### Note for Upgrading Firmware

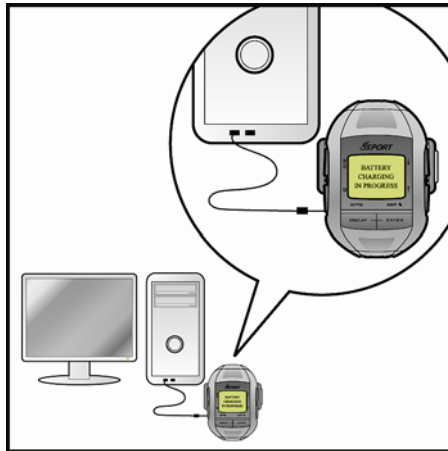
- Do not interrupt during upgrading the firmware
- When the upgrading firmware fail, please go over the process again
- Choose the firmware file carefully

### CAUTION !

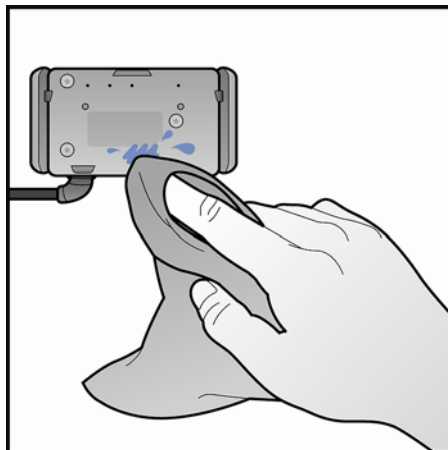
1. Before connecting to device, please be aware of the direction



2. Before first time using watch, please fully charging the device.



3. Please dry the clip before connection of charging or data transfer.






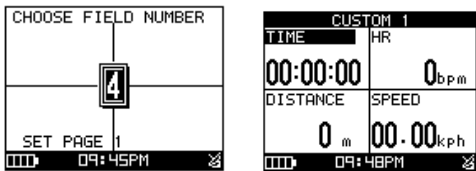
4. Before start training, please let antenna face to sky to get 3D fix



# How To Set Up Custom Page

Set up the custom page and function list before your training.

**[MAIN MENU] > [CONFIGURATION] > [SET CUSTOM PAGE]**

	1. Press "Page button" to select CONFIGURATION menu.
	2. Chose "SET CUSTOM PAGE" then press "Enter button".
	3. Modify the screen field number.
	4. There have four types of screen field could be choose for every page.



5. Select the function coefficient you want then press 'Enter button' to save setting.

Press "ESC/LAP button" to exit or "Page button" to go back to main menu

## How To Start Your Training And Save Data



1. Press "Page button" to select training screen.




2. Press "Enter button" to start training.



3. When chronometer is running, press "Enter button" quickly to pause.





4. Keep pressing "Enter button" around 2 seconds till the screen show "SAVE AND FINISH" means the file be saved successfully.

	<p>5. Then chronometer will be reset to zero.</p>
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# How To Use Virtual Trainer

In order to improve and enhance your training performance. GH-505 provides virtual trainer to pretend your coach to improve your performance through mutual training and reaction.

[MAIN MENU] > [GYM] > [TRAINER]

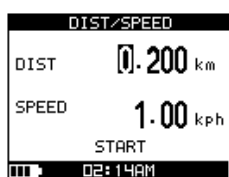
	<p>There are three types to set your training partner.</p>
<p>[DIST /TIME]</p> 	<p>Set distance for 3 km and time for 15 minutes which means the virtual trainer will finish 3km within 15 minutes to compete with you.</p> <ol style="list-style-type: none"> <li>1. You could change DIST / TIME to set up your goal.</li> <li>2. Finished setting, press “Up or Down button” to select “Start” and then press</li> </ol>



"Enter button" to start.

3. ENABLE ALERT ? you can select YES or NO to give you a alert.
4. DO YOU RECORD RUNNING DATE ? If select YES the chronograph will start to record your training.
5. When you reach your goal or have superior or poor performance to trainer, it will show good job / do harder next time

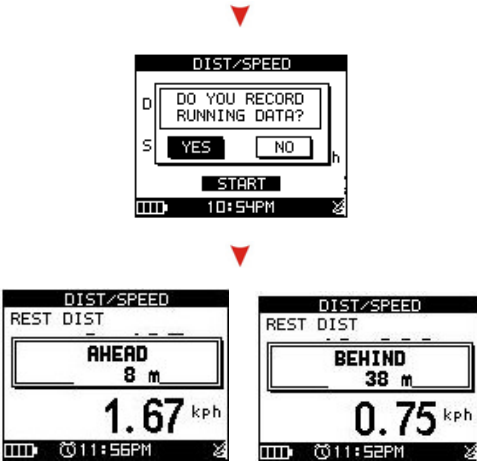
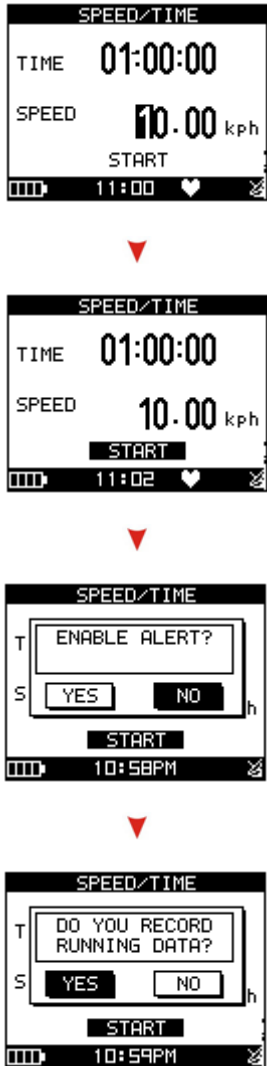
[DIST /SPEED]

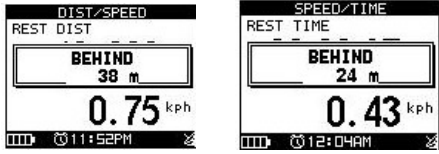


Set distance for 5 km and speed for 10 km/hr which means you have to keep your speed over 10km/hr.

1. You could change DIST / SPEED to set up your goal.
2. Finished setting, press "Up or Down button" to select "Start" and then press "Enter button" to start.
3. ENABLE ALERT ? you can select YES or NO to give you a alert.






	<ol style="list-style-type: none"> <li>DO YOU RECORD RUNNING DATE ? If select YES the chronograph will start to record your training.</li> <li>When you reach your goal or have superior or poor performance to trainer, it will show ahead or behind distance to you.</li> </ol>
<p>[SPEED /TIME]</p> 	<p>Set speed 10km/hr and time 01:00:00 means you have to keep 10km/hr to training till 1 hour.</p> <ol style="list-style-type: none"> <li>You could change SPEED / TIME to set up your goal.</li> <li>Finished setting, press “Up or Down button” to select “Start” and then press “Enter button” to start.</li> <li>ENABLE ALERT ? you can select YES or NO to give you a alert.</li> <li>DO YOU RECORD RUNNING DATE ? If select YES the chronograph will start to record your training.</li> </ol>

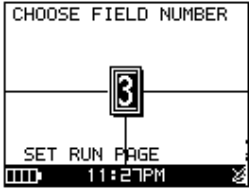




	<p>5. When you reach your goal or have superior or poor performance to trainer, it will show ahead or behind distance to you.</p>
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## How To Use Multi-Sport

GH-505 could be use on Iron-man competition, you could set running, biking, swimming training time/ speed on GH-505 to train yourself.

[MAIN MENU] > [GYM] > [MULTISPORT]


	<p>1. Press "Page button" to select MULTISPORT screen.</p>
	<p>2. There are five multi sport could be chosen.</p>
	<p>3. Set the training sport type as you want.</p>

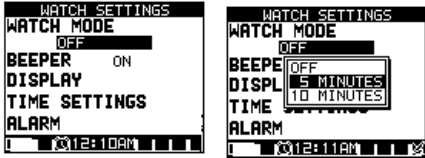
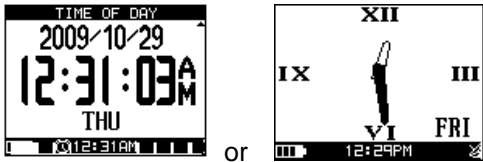

	<p>4. Choose field number and set parameter for every sport type.</p>
	<p>5. Click "START MULTISPORT" to start your training.</p>
	<p>6. Training information is running.</p>
	<p>7. Keep pressing "Up button" for 2 seconds, the training will be on transition for clothes change purpose.</p>
	<p>8. Keep pressing "Up button" another 2 seconds, the training will go on next sport and then continue recording process.</p>

## How To Use Real Watch In GH-505

GH-505 could be used as a real watch for digital or analog display. Watch mod operation for 14 days.

**[MAIN MENU] > [CONFIGURATION] > [WATCH SETTINGS]**

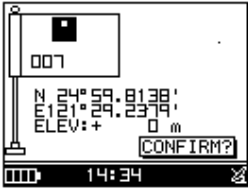
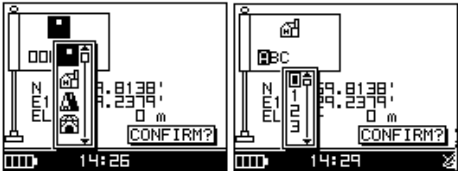
	<p>1. Chose "WATCH SETTINGS" from CONFIGRAITON menu.</p>
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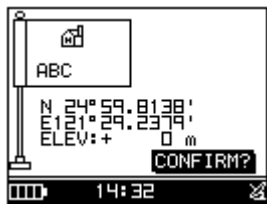
	<p>2.</p> <p>(A) There are three selections could be enter to watch mode by 5 ,10 MINUTES. It means watch mode will be entered after 5 or 10 minutes when system is stand by. OFF means always in operation mode.</p> <p>(B) The watch mode shows DATE, TIME mode or you can press "Page + Down button" to enter watch mode.</p>
 <p>Digital mode                      Analog mode</p>	<p>3. Press Up or Down button could change Analog or Digital type.</p>
	<p>4. Press "Up button "and Page button" at the same time around 2 seconds. You can exit watch mode.</p>

## How To Create Waypoint And Save it before start route

- Create Waypoint

**[MAIN MENU] > [NAVIGATION] > [SAVE WAYPOINT]**

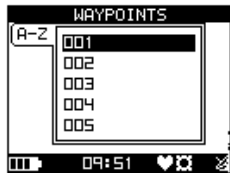

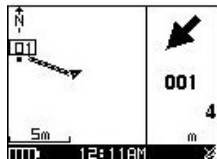

	<p>1. You can save the current position. If the GPS position is fixed, it shows the longitude, latitude and elevation on the screen.</p>
	<p>3. Use Up and Down button to scroll to the item you wish to modify and then use the "Enter button" to select and confirm.</p> <p>4. When you finish the modification, input a "enter sign" character or press the "Esc /Lap button" to exit.</p>

	<p>4. Move highlight to "CONFIRM?" and press "Enter button". The location data will be stored in the memory</p>
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## How To Use Find Waypoints

If you want to find the place which you have saved the waypoint, you can use this function to find your waypoint and track it.


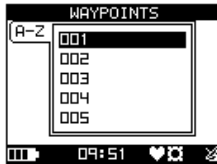

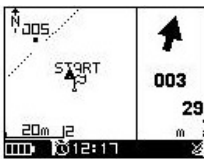
**[MAIN MENU] > [NAVIGATION] > [FINW WAYPOINT] > [LIST ALL]**

	<p>1. Use Up and Down button to scroll to the Waypoint you wish to go to and press "Enter button".</p>
	<p>2. Highlight "GOTO?" item and press "Enter button".</p>
	<p>3. You will see your current position and destination point on the screen, and those nearby waypoints are also displayed.</p>
	<p>4. Press "Page button" display the distance and time for you to reach destination on the right part of screen. The direction of destination waypoint is shown by the arrow sign of the compass.</p>

## How To Create Routes

Several waypoints result in a route. You can plan your route by connection of sequent waypoints.

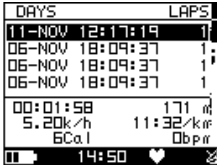

[MAIN MENU] > [NAVIGATION] > [ROUTES]

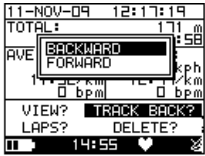
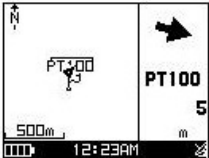

	<p>1. Press "Enter button".</p>
	<p>2. Choose the waypoint you want to go</p>
	<p>3. After planed your route and then select "FOLLOW?"</p>
	<p>4. The screen will show map , you could use" Up and Down button" to zoom in and out the map view. Press "Enter button and ESC button can slip to next or last waypoint.</p>

## How To Use Track Back

To use track can guide you go back along your training record.

[MAIN MENU] > [ACTIVITY] > [ACTIVITY INFO]

	<p>1. You will see all data you saved, press "Enter button" to enter.</p>
	<p>2. Click "TRACK BACK?" and then press "Enter button".</p>

 <p style="text-align: center;">▼</p>	<p>3. Chose "Backward" or "Forward" to start your track back.</p>
 <p style="text-align: center;">▼</p>	<p>4. The screen will show map</p>
	<p>5. Press "Page button" display the distance and time for you to reach destination on the right part of screen. The direction of destination waypoint is shown by the arrow sign of the compass.</p>